Question 1 of 38

Question Difficulty: Average

Mr. X was admitted to the psychiatry hospital due to his 4th manic attack in the last year. He was stabilized by electroconvulsive therapy and haloperidol.

What is the long-term management for his recurrent attacks?

- Haloperidol
- Quetiapine
- Lithium
- Risperidone
- Olanzapine

Description

Prophylactic management of bipolar disorder is by lithium with or without sodium valproate.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 0 ✓ Correct: 0 × Incorrect: 0 Average Score: 0 %

Question 2 of 38

Question Difficulty: Average

Mr. X was admitted to the psychiatry ward as his family is concerned about his severe anxiety and he has thoughts about impending death. Previous examinations and investigations were free.

On questioning his family reported his symptoms persisted for 8 months and he is suffering of restlessness, easily fatigued and sleep disturbance which affected his social and occupational functioning. They denied and CNS diseases or substances abuse.

What is the most likely diagnosis?

- ○ **Chronic fatigue syndrome**
- ○ **Fibromyalgia**
- ○ **Hypomania**
- ◉ **Schizophrenia**
- ○ **Generalized anxiety disorder**

Description

Generalized anxiety disorder (GAD) is an anxiety disorder that is characterized by excessive, uncontrollable and often irrational worry with apprehensive expectation about events or activities. Diagnostic DSM-5 criteria include:

1. Excessive anxiety and worry for at least 6 months
2. The individual finds it difficult to control the worry which is associated with at least three of the following six symptoms:
    1. Restlessness or feeling keyed up or on edge
    2. Being easily fatigued
    3. Difficulty concentrating or mind going blank
    4. Irritability
    5. Muscle tension
    6. Sleep disturbance
3. Significant impairment in social and occupational functioning
4. The disturbance is not attributable to drug of abuse or a medication
5. The disturbance is not better explained by another mental disorder

CHECK ANSWER END SESSION NEXT

Question 3 of 38

Question Difficulty: Average

Mr. X was diagnosed to have lung cancer and on management with chemotherapy has planned to travel to Brazil.

His doctor decided to start prophylactic vaccination protocol.

All of the following vaccines should be avoided except?

- Varicella zoster
- BCG
- Typhoid
- Rubella
- Tetanus

Description

All the above except Tetanus are live attenuated vaccines. They are active organisms that have been cultivated under conditions that disable their virulent properties. They are contra indicated for immunocompromised patients.

Tetanus and diphtheria vaccines are toxoid vaccines. They are made from inactivated toxic compounds that cause illness rather than the micro-organism.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 2 ✓ Correct: 0 × Incorrect: 2 Average Score: 0 %

Question 4 of 38

Question Difficulty: Average

Mrs. X is complaining about her 10 years old girl that frequently pretending she is sick and she mentioned she faked fainting on her way to school.

On questioning the mother she reported her girl usually complained of unpaid attention for her at school or at home and her parents prefer her sister over her.

What is the most likely diagnosis?

- Hypochondriasis
- Depression
- Somatization disorder
- Factitious disorder
- Malingering

Description

Factitious disorder is a condition in which a person acts as if they have an illness by deliberately producing, feigning, or exaggerating symptoms for gaining sympathy, nurturance, and attention without an aim of secondary gain.

People with this condition may produce symptoms by contaminating urine samples, taking hallucinogens, injecting themselves with bacteria to produce infections, and other similar behavior.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 3 ✓ Correct: 0 × Incorrect: 3 Average Score: 0 %

Question 5 of 38

Question Difficulty: Average

Mr. X was accompanied by his wife to the psychiatry clinic as he mentioned he hear strange voices in his head. He describes the voices as two voices discussing about him.

His wife reported he has lake of social interests, poor memory and mood disturbance.

What is the management of choice?

- SSRIs
- Donepezil
- Dopamine agonists
- Atypical antipsychotics
- 1st generation antipsychotics

Description

This patient is complaining of schizophrenia. It is a brain disorder that affects how people think, feel, and perceive the world. The hallmark symptom of schizophrenia is psychosis, such as experiencing auditory hallucinations and delusions.

The symptoms of schizophrenia may be divided into the following 4 domains:

- Positive symptoms - Psychotic symptoms as auditory hallucinations
- Negative symptoms - Decrease in emotional range, poverty of speech, and loss of interests
- Cognitive symptoms - Neurocognitive deficits as in working memory and attention and in executive functions
- Mood symptoms - Patients often seem cheerful or sad and often depressed

Atypical antipsychotics diminish the positive symptoms of schizophrenia and prevent relapses.

CHECK ANSWER END SESSION NEXT

Session Statistics

Question 6 of 38

Question Difficulty: Hard

Homeless Mr. X was admitted to the ICU as he was found unconscious on the street and was diagnosed to have alcoholic coma.

2 days of admission he was relieved from the coma he was found wandering outside the ward.

What is the management of choice?

- Amitriptyline
- Morphine
- **Olanzapine**
- Ropinirole
- Diazepam

Description

This patient developed delirium due to alcohol withdrawal. It is a transient, reversible cause of cerebral dysfunction and manifests clinically with a wide range of neuropsychiatric abnormalities.

The clinical hallmarks of delirium are decreased attention span and a waxing and waning type of confusion with hallucinations.

Haloperidol and olanzapine are first line drugs.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 5 ✓ Correct: 0 × Incorrect: 5 Average Score: 0 %

Question 7 of 38

Question Difficulty: Easy

Mrs. X is complaining about her 15 years old son who is becoming more isolated. She mentioned he always get absent from public school activities. She also reported he got depressed for a week as he was requested to tell a speech in the school and he claimed he was sick that day.

What is the most likely diagnosis?

- ○ Social anxiety disorder
- ○ Generalized anxiety disorder
- ● Depression
- ○ Schizophrenia
- ○ Panic attacks

Description

Social anxiety disorder is a fear of public speaking, or generalized in which patients have a fear of social encounter and act to avoid social interaction.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 6 ✓ Correct: 1 × Incorrect: 5 Average Score: 16.67 %

Question 8 of 38

Question Difficulty: Average

Mr. X with a history of paranoid schizophrenia was admitted for electroconvulsive therapy.

Which of the followings is an absolute for continuing the procedure?

- Raised intracranial pressure
- Dementia
- Bone fractures
- Cardiac arrhythmia
- Headache

Description

The absolute contraindications of electroconvulsive therapy are raised intracranial pressure and myoclonic epilepsy.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 7 ✓ Correct: 1 × Incorrect: 6 Average Score: 14.29 %

Question 9 of 38

Question Difficulty: Average

Mr. X was accompanied to the psychiatry clinic with his daughter as he complained of poor appetite, difficulty sleeping and low mood after he was get divorced 3 months ago.

His daughter reported he became withdrawn and refused to do anything around the house or interact with her. She also mentioned he admits to hearing voices telling him that he is useless.

What is the management of choice?

- (●) **Fluoxetine and amitriptyline**
- ( ) **Electroconvulsive therapy**
- ( ) **Cognitive behavioral therapy**
- ( ) **Risperidone**
- ( ) **Amitriptyline**

Description

This patient is complaining of severe depression with psychotic symptoms. Combination of antidepressant medication and a high-intensity psychological intervention is of choice for moderate to severe depression.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 8 ✓ Correct: 1 × Incorrect: 7 Average Score: 12.5 %

Question 10 of 38

Question Difficulty: Average

Mrs. X was referred for psychiatrist review as she suffered from sudden mood swings from feeling very happy to very sad and eventually crying 2 weeks after she delivered her first child. Her husband reported she told him she saw strange people in the house and they are talking to her.

What is the most likely diagnosis?

- Baby blues
- Puerperal psychosis
- Postpartum depression
- Hypomania
- Stress disorder

Description

Postpartum psychosis (puerperal psychosis) is a sudden onset of psychotic symptoms following childbirth.

It affects approximately 0.2% of women usually within the first 2-3 weeks following birth. It is manifested by irritability, extreme mood swings and hallucinations.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 9 ✓ Correct: 2 × Incorrect: 7 Average Score: 22.22 %

Question 11 of 38

Question Difficulty: Hard

Mr. X was admitted to the psychiatry ward as his family complained of his isolation with profound depression and some aggressive behavior for 8 days.

They reported 2 months of depressive mode and isolation but the last week he showed signs of insanity and excessive laughing and aggressive mood.

All the following drugs would be given except?

- Quetiapine
- Haloperidol
- Risperidone
- Lithium
- Olanzapine

Description

This patient has bipolar disorder with manic attack. it is manifested by depressed mood with episodes of and mania manifested by abnormally elevated mood, irritability, severe functional impairment and psychotic symptoms for 7 days or more.

Acute management includes pharmacological therapy, psychotherapy and electroconvulsive therapy. Pharmacological therapy includes haloperidol, olanzapine, quetiapine or risperidone. Lithium is used as prophylactic long-term management not for acute attacks.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 10 ✓ Correct: 2 × Incorrect: 8 Average Score: 20 %

Question 12 of 38

Question Difficulty: Hard

Mr. X who was released from psychiatry hospital due to his first manic attack a month ago is still complaining of depression.

What is the management of choice?

- (●) Quetiapine
- ( ) Haloperidol
- ( ) Lithium
- ( ) Fluoxetine
- ( ) Fluoxetine and olanzapine

Description

Bipolar depression is managed by fluoxetine combined with olanzapine or quetiapine.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 11 ✓ Correct: 2 × Incorrect: 9 Average Score: 18.18 %

Question 13 of 38

Question Difficulty: Average

Mr. X was admitted to the psychiatry ward after the 3rd episode of suicidal attempts in the last year.

His family reported that he was totally self-isolated and complained of severe depression. He was abused on cocaine and alcohol. He has been aggressive and violent to the family members even in simple troubles.

What is the most likely diagnosis?

- Post-traumatic stress disorder
- Depression
- **Borderline personality disorder**
- Schizophrenia
- Bipolar disease

Description

Borderline personality disorder (BPD) is a long-term pattern of abnormal behavior characterized by unstable relationships with others, unstable sense of self and unstable emotions.

It is associated with severe conditions including persistent depressive depression, major depression, psychoactive substance abuse and suicide.

Approximately 70-75% of patients with BPD have a history of at least one deliberate act of self-harm, and the mean estimated rate of completed suicides is 9%.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 12 ✓ Correct: 2 × Incorrect: 10 Average Score: 16.67 %

Question 14 of 38

Question Difficulty: Average

Mr. X was accompanied to the psychiatry clinic with his daughter as he complained of poor appetite, difficulty sleeping and low mood after he was get divorced 3 months ago.

His daughter reported he became withdrawn and refused to do anything around the house or interact with her.

What is the most likely diagnosis?

- Personality disorder
- Depressive psychosis
- Depression
- Schizophrenia
- Manic depression

Description

Symptoms of classic depression including insomnia, anxiety, irritability, decreased appetite, weight gain or loss, social withdrawal, and decreased sex drive

Depressive psychosis is a major depressive episode that is accompanied by psychotic symptoms including delusions and/or hallucinations.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 13 ✓ Correct: 3 × Incorrect: 10 Average Score: 23.08 %

Question 15 of 38

Question Difficulty: Hard

Mrs. X is complaining about her 6 years old boy who refuses to go to school even in her accompany. She thinks he is shy with lack of confidence as he thinks his friends are smarter than him.

What is the most likely diagnosis?

- Avoidant personality disorders
- Histrionic personality disorder
- Dependent personality disorder
- Autism
- Borderline personality disorder

Description

Avoidant personality disorders patient are very shy, socially inhibited and feel inadequate. They desire relationships but find it difficult due to lack of confidence and fear.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 14 ✓ Correct: 3 × Incorrect: 11 Average Score: 21.43 %

Question 16 of 38

Question Difficulty: Average

20 years Miss X was accompanied by her family to the psychiatry clinic as she began to show attack of strange behavior.

They reported repeated episodes of perspiration, dizziness, dyspnea and hyperventilation which last about an hour. During attacks she said she is going to die. The last month she was socially isolated and sometimes sleeps under the bed.

What is the most likely diagnosis?

- Panic attacks
- Agoraphobia
- Profound depression
- Somatization disorder
- Hypomanic attacks

Description

Panic disorder is an anxiety disorder characterized by recurring panic attacks, causing a series of intense episodes of extreme anxiety during panic attacks. Features include:

- Extreme anxiety during panic attacks, it typically last from 10 minutes to 20 minutes to more than an hour
- Common symptoms include tachycardia, perspiration, dizziness, dyspnea, trembling, uncontrollable fear of going crazy or dying and hyperventilation
- Behavioral changes lasting at least a month
- Anticipatory attacks (of ongoing worry about the implications or concern about having other attacks)

Panic disorder is not the same as agoraphobia (fear of public places) as panic attacks cannot be predicted.

CHECK ANSWER END SESSION NEXT

Session Statistics

Question 17 of 38

Question Difficulty: Average

Mrs. X is complaining about her 6 years old boy who refuses to go to school except by her accompany. She is a house wife and he refuses to leave home and join his friends even in accompany with his father and commonly crying due to fear of his mother abandonment.

What is the most likely diagnosis?

- Autism
- **Dependent personality disorder**
- Panic disorder
- Histrionic personality disorder
- Avoidant personality disorders

Description

Dependent personality disorder (DPD) is a personality disorder that is characterized by a pervasive psychological dependency on other people. The patient is indecisive, constantly requires reassurance and fears abandonment.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 16 ✓ Correct: 3 × Incorrect: 13 Average Score: 18.75 %

Question 18 of 38

Question Difficulty: Hard

Mrs. X was accompanied to the psychiatry clinic with her husband as she complained of poor appetite, difficulty sleeping and low mood 2 weeks after uneventful delivery of her first child.

Her husband mentioned she became isolated and refused to breastfeed her child.

What is the management of choice?

- Immediate psychiatric hospitalization
- Fluoxetine
- **Cognitive behavioral therapy**
- Amitriptyline
- Reassurance

Description

This lady is complaining of postpartum depression. It is characterized by depression that a woman experiences within four weeks of childbirth.

It is caused by biological, psychological, and social factors.

Management is by cognitive behavioral therapy. Anti-depressive drugs are indicated for more severe cases.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 17 ✓ Correct: 4 × Incorrect: 13 Average Score: 23.53 %

Question 19 of 38

Question Difficulty: Average

Mrs. X was noticed to become irritable with alternating mood swings from feeling very happy to very sad and eventually crying 3 hours after she delivered her first child.

What is the management of choice?

- (●) Immediate psychiatric hospitalization
- ( ) Follow-up
- ( ) Risperidone
- ( ) Amitriptyline
- ( ) Fluoxetine

Description

This lady is complaining of baby blues. It is a common temporary psychological state right after childbirth when a new mother may have sudden mood swings, feeling very happy, then very sad, cry for no apparent reason, feel impatient, unusually irritable, restless, anxious, lonely and sad.

It is seen in around 60-70% of women. It may last only a few hours or as long as 1 to 2 weeks after delivery.

Management is by reassurance and psychological support.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 18 ✓ Correct: 5 × Incorrect: 13 Average Score: 27.78 %

Question 20 of 38

Question Difficulty: Hard

Mr. X is complaining of unremitting anxiety for 8 months. He also reported frequent rheumatology clinic attendances for chronic joint pain but all investigations were free.

On questioning he reported he has headache of multiple areas affection and on doing effort he got anxiety for 2 days. His wife complained of frequent forgetfulness of and lake of concentration.

What is the most likely diagnosis?

- Alzheimer disease
- Fibromyalgia
- Fronto-temporal dementia
- Chronic fatigue syndrome
- Generalized anxiety

Description

Chronic fatigue syndrome (CFS) is a disorder characterized by a state of chronic fatigue that persists for more than 6 months, has no clear cause, and is accompanied by cognitive difficulties.

CFS was initially termed encephalomyalgia as it was noted that the CFS included both an encephalitic component (cognitive difficulties) and a skeletal muscle component (fatigue). Patient must have severe, new-onset, persistent and/or recurrent and unexplained by other conditions fatigue of at least 4 months' duration associated with post-exertional malaise with 1 or more of the following symptoms:

- Cognitive dysfunction as difficulty thinking, inability to concentrate and short-term memory loss
- Sore throat
- Tender lymph nodes
- Myalgia
- Arthralgia without swelling or redness
- Headaches of a new type, pattern or severity
- Unrefreshing sleep
- Post-exertional malaise lasting more than 24 hours

CHECK ANSWER END SESSION NEXT

Question 21 of 38

Question Difficulty: Hard

Mr. X was admitted to the psychiatry ward as his family complained of his isolation with profound depression and some aggressive behavior for 7 days.

On questioning his closed contacts they mentioned he has unrealistic sense of superiority with excessive talking.

What is the most likely diagnosis?

- (●) Hypomanic episodes
- ( ) Paranoia
- ( ) Manic episodes
- ( ) Schizophrenia
- ( ) Delirium

Description

Bipolar disorder is manifested by depressed mood with episodes of and mania manifested by abnormally elevated mood, irritability, severe functional impairment and psychotic symptoms for 7 days or more or hypomania manifested by abnormally elevated mood and irritability with functional impairment for 4 days or more.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 20 ✓ Correct: 5 × Incorrect: 15 Average Score: 25 %

Question 22 of 38

Question Difficulty: Hard

Mrs. X is complaining about her husband who became more isolated and depressed. She also mentioned he has alternative mood as he sometimes he became cheerful or sad.

On questioning him he mentioned that he thinks he is followed by someone who wants to kill him.

What is the most likely diagnosis?

- (●) **Paranoia**
- ( ) **Delirium**
- ( ) **Schizophrenia**
- ( ) **Hypomania**
- ( ) **Bipolar affective disorder**

Description

Paranoid schizophrenia is manifested as schizophrenia in addition with fixed false beliefs (delusions) as someone is trying to hurt him or the government is spying on him.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 21 ✓ **Correct**: 5 ✕ **Incorrect**: 16 **Average Score**: 23.81 %

Question 23 of 38

Question Difficulty: Average

Mr. X was accompanied by his wife to the psychiatry clinic as he mentioned he hear strange voices in his head. He describes the voices as two voices discussing about him.

His wife reported he has lake of social interests, poor memory and mood disturbance.

What is the most likely diagnosis?

- Delirium
- Schizophrenia
- Bipolar affective disorder
- Hypomania
- Chronic fatigue syndrome

Description

Schizophrenia is a brain disorder that affects how people think, feel, and perceive the world. The hallmark symptom of schizophrenia is psychosis, such as experiencing auditory hallucinations and delusions.

The symptoms of schizophrenia may be divided into the following 4 domains:

- Positive symptoms - Psychotic symptoms as auditory hallucinations
- Negative symptoms - Decrease in emotional range, poverty of speech, and loss of interests
- Cognitive symptoms - Neurocognitive deficits as in working memory and attention and in executive functions
- Mood symptoms - Patients often seem cheerful or sad and often depressed

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 22 ✓ Correct: 6 × Incorrect: 16 Average Score: 27.27

Question 24 of 38

Question Difficulty: Average

Mr. X who was admitted due to renal failure was found wandering outside the ward. On questioning him he mentioned that somebody talked to him and asked him to leave.

What is the most likely diagnosis?

- Delirium
- Schizophrenia
- Major depression
- Transient global amnesia
- Generalized anxiety

Description

Delirium (acute confusional state) is a transient, reversible cause of cerebral dysfunction and manifests clinically with a wide range of neuropsychiatric abnormalities.

The clinical hallmarks of delirium are decreased attention span and a waxing and waning type of confusion with hallucinations.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 23 ✓ Correct: 6 ✕ Incorrect: 17 Average Score: 26.09 %

Question 25 of 38

Question Difficulty: Average

Mr. X was admitted to the psychiatry clinic as he complained of poor appetite, difficulty sleeping and low mood after he was got fired from his job last year.

His wife reported he became withdrawn and refused to do anything around the house or interact with her after losing his job.

What is the management of choice?

- Doxepin
- Risperidone
- Cognitive behavioral therapy
- Amitriptyline
- Fluoxetine

Description

This patient is complaining of mild depression with persistent symptoms. Group-based cognitive behavioral therapy with physical activity program is the management of choice for mild depression

Medical treatment is indicated for mild depression with persistent symptoms or with a history of moderate to severe depression. Medical treatment includes selective serotonin reuptake inhibitors (1st line) or tricyclic antidepressants.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 24 ✓ Correct: 6 ✕ Incorrect: 18 Average Score: 25 %

Question 26 of 38

Question Difficulty: Average

Mr. X with recently diagnosed Parkinson disease was admitted 3 days after starting treatment. His daughter mentioned that he frequently got agitated and walks wandering outside the house and he told her that he hears 2 persons talking to him.

Which of the following drugs caused his complications?

- Levodopa
- Benztropine
- Entacapone
- Ropinirole
- Amantadine

Description

This patient developed delirium. It is a transient, reversible cause of cerebral dysfunction and manifests clinically with a wide range of neuropsychiatric abnormalities.

The clinical hallmarks of delirium are decreased attention span and a waxing and waning type of confusion with hallucinations.

Delirium is a common side effect of anticholinergics as benztropine.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 25 ✓ Correct: 6 ✕ Incorrect: 19 Average Score: 24 %

Question 27 of 38

Question Difficulty: Hard

Mr. X is complaining of dry cough and runny nose for 3 days. He was diagnosed to have viral URTI but he asked the doctor to investigate for a possible lung cancer as he thinks he has a lung cancer as he mentioned he had 2 months of headache and palpitations.

What is the most likely diagnosis?

- Schizophrenia
- Hypochondriasis
- Somatization disorder
- Dissociative disorder
- Adjustment disorder

Description

Hypochondriasis refers to worry about having a serious illness. This debilitating condition is the result of an inaccurate perception of the condition of body or mind despite the absence of an actual medical condition.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 26 ✓ Correct: 7 × Incorrect: 19 Average Score: 26.92 %

Question 28 of 38

Question Difficulty: Easy

Mrs. X is complaining about her husband who shows abnormal behaviors as spending hours each morning and evening on washing his hands as he says he feels he is dirty.

She also noted increased his concern about security and checks the doors at home and stove a number of times before leaving the house. He is also taking a lot of antibiotics as he has fears about spreading infections.

What is the most likely diagnosis?

- (●) **Major depressive illness**
- ( ) **Anxiety neurosis**
- ( ) **Obsessive-compulsive disorder**
- ( ) **Manic-depressive disorder**
- ( ) **Schizophrenia**

Description

Obsessive-compulsive disorder (OCD) is characterized by distressing, intrusive obsessive thoughts and/or repetitive compulsive physical or mental acts.

Common compulsion manifestations include

- Cleaning/washing
- Checking (locks, stove, iron, safety of children)
- Counting/repeating actions a certain number of times
- Arranging objects
- Hoarding
- Confessing/seeking reassurance
- List making

Common obsession manifestations include

- Contamination
- Safety
- Doubting one's memory or perception
- Scrupulosity (need to do the right thing)
- Need for order or symmetry
- Unwanted, intrusive sexual/aggressive thought

Question 29 of 38

Question Difficulty: Hard

Mr. X is complaining of recurrent abdominal pain. It is his 10th visit to the GIT clinic about the same complain and all previous investigations were free.

He has no past or family history of GIT carcinomas and current investigations were free. He doubted about the results and asked to repeat the investigations or doing an endoscopy.

What is the most likely diagnosis?

- Somatization disorder
- Munchausen syndrome
- Irritable bowel syndrome
- Adjustment disorder
- Hypochondriasis

Description

Somatization disorder is a pattern of many physical complaints in persons younger than 30 years that occurs over several years and results in unnecessary medical treatment.

The patient refuses to accept reassurance or negative test results.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 28 ✓ Correct: 7 ✕ Incorrect: 21 Average Score: 25 %

Question 30 of 38

Question Difficulty: Easy

Mr. X is complaining of anxiety for 40 days. He reported it started after he witnessed a car accident.

His wife mentioned he does not sleep well and became more isolated and has vivid dreams and sometimes he thinks that the paramedics are talking to him about the accident.

What is the most likely diagnosis?

- Hypomania
- Schizophrenia
- Panic attack
- Generalized anxiety
- Posttraumatic stress disorder

Description

Posttraumatic stress disorder (PTSD) is defined as a pathological anxiety that usually occurs after an individual experiences or witnesses severe trauma.

Symptoms should be present for a minimum of 1 month following the initial traumatic event. Signs and symptoms include:

- Persistent re-experiencing of a traumatic event
- Resultant numbness and hyperarousal
- Avoidance of people, situations or circumstances associated with the event
- Negative thoughts and mood or feelings (vivid dreams, illusions or hallucinations and intense psychological distress)

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 29 ✓ Correct: 7 × Incorrect: 22 Average Score: 24.14

Question 31 of 38

Question Difficulty: Average

Mrs. X was accompanied to the psychiatry clinic with her husband as she complained of poor appetite, difficulty sleeping and low mood 2 weeks after uneventful delivery of her first child.

Her husband mentioned she became isolated and refused to breastfeed her child.

What is the most likely diagnosis?

- (●) Puerperal psychosis
- ( ) Stress disorder
- ( ) Generalized anxiety
- ( ) Postpartum depression
- ( ) Baby blues

Description

Postpartum depression is characterized by depression that a woman experiences within four weeks of childbirth. It is caused by biological, psychological, and social factors.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 30 ✓ Correct: 7 ✕ Incorrect: 23 Average Score: 23.33 %

Question 32 of 38

Question Difficulty: Average

Mr. X is complaining of insomnia, anxiety and irritability after he divorced his wife 6 months ago. He also reported decreased appetite and weight loss.

What is the management of choice?

- Risperidone
- Fluoxetine
- Paroxetine
- Cognitive behavioral therapy
- Amitriptyline

Description

This patient is complaining of mild depression. Group-based cognitive behavioral therapy with physical activity program is the management of choice for mild depression

Medical treatment is indicated for mild depression with persistent symptoms or with a history of moderate to severe depression. Medical treatment include selective serotonin reuptake inhibitors (1st line) or tricyclic antidepressants

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 31 ✓ Correct: 7 × Incorrect: 24 Average Score: 22.58 %

Question 33 of 38

Question Difficulty: Average

20 years old factory worker is complaining of severe abdominal pain. Examination and investigations we free and he was discharged.

1 day later he had the similar complain and he mentioned similar attacks which precipitated by intense physical efforts and relieved by frequent rest and holidays.

What is the most likely diagnosis?

- Malingering
- Somatization disorder
- Hypochondriasis
- Appendicitis
- Factitious disorder

Description

Malingering is fabricating or exaggerating the symptoms of mental or physical disorders for a variety of secondary gain (economic gain, avoidance of legal responsibility, or avoidance of other difficult situations).

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 32 ✓ Correct: 7 ✕ Incorrect: 25 Average Score: 21.88 %

Question 34 of 38

Question Difficulty: Hard

Mr. X was admitted to the psychiatry clinic as he complained of poor appetite, difficulty sleeping and low mood after he was got fired from his job.

His wife reported he became withdrawn and refused to do anything around the house or interact with her after losing his job. She also mentioned he admits to hearing voices telling him that he is useless.

What is the most likely diagnosis?

- (●) **Depressive psychosis**
- ( ) **Depression**
- ( ) **Schizophrenia**
- ( ) **Manic depression**
- ( ) **Personality disorder**

Description

Symptoms of classic depression including insomnia, anxiety, irritability, decreased appetite, weight gain or loss, social withdrawal, and decreased sex drive

Depressive psychosis is a major depressive episode that is accompanied by psychotic symptoms including delusions and/or hallucinations.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 33 ✓ **Correct**: 7 × **Incorrect**: 26 **Average Score**: 21.21 %

Question 35 of 38

Question Difficulty: Average

Mrs. X was referred for psychiatrist review as she suffered from sudden mood swings from feeling very happy to very sad and eventually crying 3 hours after she delivered her first child.

What is the most likely diagnosis?

- (●) Puerperal psychosis
- ( ) Stress disorder
- ( ) Hypomania
- ( ) Postpartum depression
- ( ) Baby blues

Description

Baby blues is a common temporary psychological state right after childbirth when a new mother may have sudden mood swings, feeling very happy, then very sad, cry for no apparent reason, feel impatient, unusually irritable, restless, anxious, lonely and sad.

It is seen in around 60-70% of women. It may last only a few hours or as long as 1 to 2 weeks after delivery.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 34 ✓ Correct: 8 ✕ Incorrect: 26 Average Score: 23.53 %

Question 36 of 38

Question Difficulty: Average

Mrs. X was noticed to become irritable with alternating mood swings from feeling very happy to very sad and eventually crying 2 weeks after she delivered her first child.

Her husband reported she told him that she saw her deceased mother walking in the house.

What is the management of choice?

- Amitriptyline
- Cognitive behavioral therapy
- Immediate psychiatric hospitalization
- Reassurance
- Risperidone

Description

This lady is complaining of postpartum psychosis (puerperal psychosis). Iy is a sudden onset of psychotic symptoms following childbirth.

It affects approximately 0.2% of women usually within the first 2-3 weeks following birth. It is manifested by irritability, extreme mood swings and hallucinations.

Postpartum psychosis cases possibly need psychiatric hospitalization.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 35 ✓ Correct: 8 × Incorrect: 27 Average Score: 22.86 %

Question 37 of 38

Question Difficulty: Hard

Mr. X is complaining of attacks that are associated with every plane flight. He said he gets depressed before flying and he has severe anxiety once the plane takes off. He also reported some suicidal ideas around the flight.

What is the most likely diagnosis?

- (●) Hypomania
- ( ) Panic attack
- ( ) Generalized anxiety disorder
- ( ) Phobic disorder
- ( ) Chronic fatigue

Description

Phobic disorders are the most common forms of psychiatric illness. Severity can range from mild and unobtrusive to severe and can result in incapacity to work, travel, or interact with others. Signs and symptoms include:

- Anxiety is the most common feature in phobic disorders
- Excessive caffeine and alcohol intake up to substance abuse
- Depression
- Suicidal ideation

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 36 ✓ Correct: 8 × Incorrect: 28 Average Score: 22.22 %

Question 38 of 38

Question Difficulty: Average

Excessive attention-seeking emotions in teenagers with inappropriately seductive behavior and an excessive need for approval are manifestations of which of the followings?

- Borderline personality disorder
- Munchausen syndrome
- Histrionic personality disorder
- Normal growing pattern
- Paranoid personality disorder

Description

Histrionic personality disorder (HPD) is a pattern of excessive attention-seeking emotions, usually beginning in early adulthood, including inappropriately seductive behavior and an excessive need for approval.

CHECK ANSWER END SESSION NEXT

Session Statistics

Answered: 37 ✓ Correct: 8 × Incorrect: 29 Average Score: 21.62 %